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Rating Your Assertiveness.

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Ten Common Irrational Beliefs and Notes. (1975).

Ellis, A.; Harper.

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Life Event Stress Inventory.

Holmes; Rahe, R.H.

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Type A Behaviour Questionnaire.

Bortner, R.W.; Rosenman, R.H.

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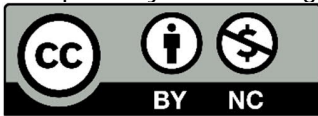
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